GE0103MB

Microwave Oven

Owner's Instructions & Cooking Guide

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QUICK LOOK-UP GUIDE

If you want to cook some food.

1. Place the food in the oven.
Select the power level by pressing the (Power Level) button one or more times.

2. Select the cooking time by Pressing the (—) and (+) buttons as required.

3. Press the (Start) button.

Result : Cooking starts. The oven beeps four times when cooking is over.

If you want to auto power defrost some food.

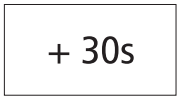
1. Place the frozen food in the oven.
Select the type of food that you are cooking by pressing the **Power Defrost** (Power Defrost) button one or more times.

2. Select the food weight by pressing the (—) and (+) buttons

3. Press the (Start) button.

If you want to add extra 30 seconds.

Leave the food in the oven.
Press **+30s** one or more times for each extra 30 seconds that you wish to add.



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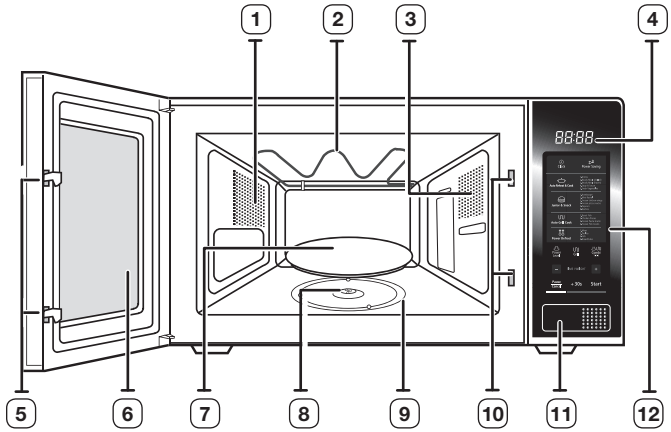
If you want to grill some food.

1. Press the ( ) button.

2. Set the cooking time by Pressing the (−) and (+) buttons.

3. Press the (Start) button

OVEN



1. VENTILATION HOLES
2. GRILL
3. LIGHT
4. DISPLAY
5. DOOR LATCHES
6. DOOR
7. TURNTABLE
8. COUPLER
9. ROLLER RING
10. SAFETY INTERLOCK HOLES
11. BUTTON PUSH
12. CONTROL PANEL

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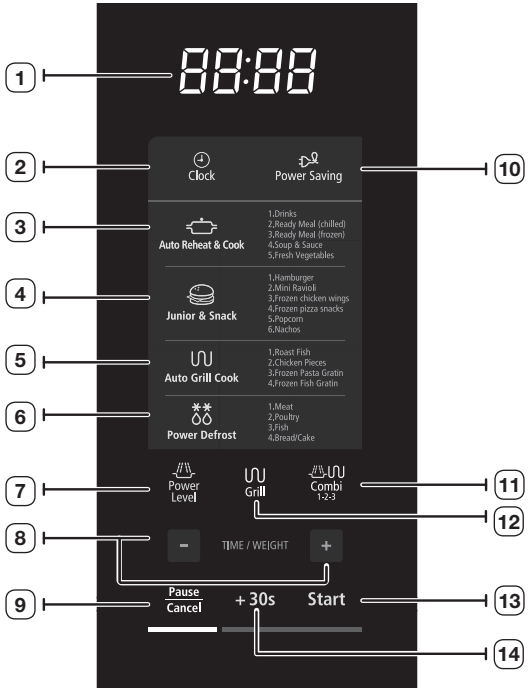
CONTROL PANEL



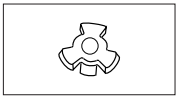
1. DISPLAY
2. CLOCK BUTTON
3. AUTO REHEAT & COOK BUTTON
4. JUNIOR &SNACK COOK BUTTON SELECTION
5. AUTO GRILL COOK BUTTON SELECTION
6. AUTO POWER DEFROST BUTTON
7. POWER LEVEL BUTTON
8. UP (+) / DOWN (–) BUTTON (Cook time, Weight and serving size)
9. PAUSE & CANCEL BUTTON
10. POWER SAVING BUTTON
11. COMBI MODE SELECTION
12. GRILL MODE SELECTION
13. START BUTTON
14. +30s BUTTON

ACCESSORIES

Depending on the model that you have purchased, you are supplied with several accessories that can be used in a variety of ways.

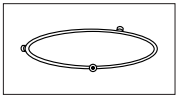
1. **Coupler**, already placed over the motor shaft in the base of the oven.

   Purpose : The coupler rotates the turntable.



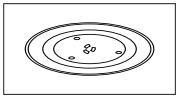
2. **Roller ring**, to be placed in the centre of the oven.

   Purpose : The roller ring supports the turntable.



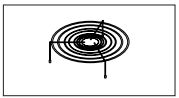
3. **Turntable**, to be placed on the roller ring with the centre fitting to the coupler.

   Purpose : The turntable serves as the main cooking surface; it can be easily removed for cleaning.



4. **Metal rack,** to be placed on the turntable.

   Purpose : The metal rack can be used in grill and combination cooking.



DO NOT operate the microwave oven without the roller ring and turntable.

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USING THIS INSTRUCTION BOOKLET

You have just purchased a SAMSUNG microwave oven. Your Owner's Instructions contain valuable information on cooking with your microwave oven:

- Safety precautions
- Suitable accessories and cookware
- Useful cooking tips
- Cooking tips

IMPORTANT SAFETY INFORMATION

IMPORTANT SAFETY INSTRUCTIONS
READ CAREFULLY AND KEEP FOR FUTURE REFERENCE.
Before using the oven, confirm that the following instructions are followed.

- Use this appliance only for its intended purpose as described in this instruction manual. Warnings and Important Safety Instructions in this manual do not cover all possible conditions and situations that may occur. It is your responsibility to use common sense, caution, and care when installing, maintaining, and operating your appliance.
- Because these following operating instructions cover various models, the characteristics of your microwave oven may differ slightly from those described in this manual and not all warning signs may be applicable. If you have any questions or concerns, contact your nearest service centre or find help and information online at www.samsung.com.
- This microwave oven is supposed for heating food. It is intended for domestic home-use only. Do not heat any type of textiles or cushions filled with grains, which could cause burns and fire. The manufacturer cannot be held liable for damage caused by improper or incorrect use of the appliance.
- Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possible result in a hazardous situation.

LEGEND FOR SYMBOLS AND ICONS

WARNING — Hazards or unsafe practices that may result in **severe personal injury or death**.

CAUTION — Hazards or unsafe practices that may result in minor personal injury or property damage.

- Warning; Fire hazard
- Warning; Hot surface
- Warning; Electricity
- Warning; Explosive material
- Do NOT attempt.
- Follow directions explicitly.
- Do NOT disassemble.
- Unplug the power plug from the wall socket.
- Do NOT touch.
- Make sure the machine is grounded to prevent electric shock.
- Call the service center for help.
- Note
- Important

PRECAUTION TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY.

Failure to observe the following safety precautions may result in harmful exposure to microwave energy.

(a) Under no circumstances should any attempt be made to operate the oven with the door open or to tamper with the safety interlocks (door latches) or to insert anything into the safety interlock holes.

(b) Do NOT place any object between the oven door and front face or allow food or cleaner residues to accumulate on sealing surfaces. Ensure that the door and door sealing surfaces are kept clean by wiping after use first with a damp cloth and then with a soft dry cloth.

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(c) Do NOT operate the oven if it is damaged until it has been repaired by a qualified microwave service technician trained by the manufacturer. It is particularly important that the oven door closes properly and that there is no damage to the:

(1) Door (bent)

(2) Door hinges (broken or loose)

(3) door seals and sealing surfaces

(d) The oven should not be adjusted or repaired by anyone other than a properly qualified microwave service technician trained by the manufacturer.

This product is a Group 2 Class B ISM equipment. The definition of group 2 which contains all ISM equipment in which radio-frequency energy is intentionally generated and/or used in the form of electromagnetic radiation for the treatment of material, and EDM and arc welding equipment.
For Class B equipment is equipment suitable for use in domestic establishments and in establishments directly connected to a low voltage power supply network which supplies buildings used for domestic purposes.

IMPORTANT SAFETY INSTRUCTIONS

Make sure that these safety precautions are obeyed at all times.

⚠ WARNING				
Only qualified staff should be allowed to modify or repair the microwave oven.	✓	✓	✓	✓
Do not heat liquids and other food in sealed containers.	✓	✓	✓	✓
For your safety, do not use high-pressure water cleaners or steam jet cleaners.	✓	✓	✓	✓
Do not install this appliance; near heater, inflammable material; in a humid, oily or dusty location, in a location exposed to direct sunlight and water or where gas may leak; on un level ground.	✓	✓	✓	✓
This appliance must be properly grounded in accordance with local and national codes.	✓	✓	✓	✓
Remove all foreign substances such as dust or water from the power plug terminals and contact points using a dry cloth on a regular basis.	✓	✓	✓	✓
Do not pull or excessively bend or place heavy objecton the power cord.	✓	✓	✓	✓
In the event of a gas leak (such as propane gas, LP gas, etc.), ventilate immediately without touching the power plug.	✓	✓	✓	✓
Do not touch the power plug with wet hands.	✓	✓	✓	✓
Do not turn the appliance off by unplugging the power plug while an operation is in progress.	✓	✓	✓	✓
Do not insert fingers or foreign substances, If any foreign substance such as water has entered the appliance, unplug the power plug and contact your nearest service centre.	✓	✓	✓	✓
Do not apply excessive pressure or impact to the appliance.	✓	✓	✓	✓
Do not place the oven over a fragile object such as a sink or glass object. (Counter top model only)	✓	✓		
Do not use benzene, thinner, alcohol, steam cleaner or high pressure cleaner to clean the appliance.	✓	✓	✓	✓
Ensure that the power voltage, frequency and current are the same as those of the product specifications.	✓	✓		✓
Plug the power plug into the wall socket firmly. Do not use a multiple plug adapter, an extension cord or an electric transformer.	✓	✓	✓	
Do not hook the power cord on a metal object, insert the power cord between the objects or behind the oven.	✓	✓	✓	
Do not use a damaged power plug, damaged power cord or loose wall socket. When the power plug or power cord is damaged, contact your nearest service centre.	✓	✓	✓	✓
Appliances are not intended to be operated by means of an external timer or separate remote-control system.	✓	✓		
Do not pour or directly spray water onto the oven.	✓	✓		
Do not place objects on the oven, inside or on the door of the oven.	✓	✓	✓	

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Do not spray volatile material such as insecticide onto the surface of the oven.	✓	✓		
Children should be supervised to ensure that they do not play with the appliance	✓	✓	✓	✓
The appliance is not intended for installing in road vehicles, caravans and similar vehicles etc.	✓	✓	✓	✓
Do not store flammable materials in the oven. Take special care when heating dishes or drinks that contain alcohol as alcohol vapours may contact a hot part of the oven.	✓		✓	✓
The microwave oven is intended to be used on the counter or counter top use only, the microwave oven shall not be placed in a cabinet. (Counter top model only)	✓	✓	✓	✓
WARNING: The appliance and its accessible parts become hot during use. Care should be taken to avoid touching heating elements. Children less than 8 years of age shall be kept away unless continuously supervised.	✓	✓	✓	✓
WARNING: Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.	✓	✓	✓	✓
This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.	✓	✓	✓	✓
WARNING: If the door or door seals are damaged, the oven must not be operated until it has been repaired by a competent person.	✓	✓	✓	✓
WARNING: It is hazardous for anyone other than a competent person to carry out any service or repair operation that involves the removal of a cover which gives protection against exposure to microwave energy.	✓	✓	✓	✓
WARNING: Ensure that the appliance is switched off before replacing the lamp to avoid the possibility of electric shock.	✓	✓	✓	
WARNING: Liquids and other foods must not be heated in sealed containers since they are liable to explode.	✓		✓	✓
WARNING: Accessible parts may become hot during use. To avoid burns young children should be kept away.	✓		✓	
WARNING: Microwave heating of beverages can result in delayed eruptive boiling,therefore care must be taken when handling the container; To prevent this situation ALWAYS allow a standing time of at least 20 seconds after the oven has been switched off so that the temperature can equalize. Stir during heating, if necessary, and ALWAYS stir after heating. In the event of scalding, follow these FIRST AID instructions: • Immerse the scalded area in cold water for at least 10 minutes. • Cover with a clean, dry dressing. • Do not apply any creams, oils or lotions.	✓	✓	✓	✓
During use the appliance becomes hot. Care should be taken to avoid touching heating elements inside the oven.	✓		✓	✓
WARNING: The contents of feeding bottles and baby food jars shall be stirred or shaken and the temperature checked before consumption, in order to avoid burns;			✓	
The appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.	✓	✓	✓	✓
This oven should be positioned proper direction and height permitting easy access to cavity and control area.	✓	✓	✓	✓
Before using the your oven first time, oven should be operated with the water during 10 minute and then used.	✓	✓	✓	✓

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This microwave oven has to be positioned so that plug is accessible. If the oven generates a strange noise, a burning smell, or smoke is emitted, unplug the power plug immediately and contact your nearest service center.	✓	✓	✓	✓
during cleaning conditions the surfaces may get hotter than usual and children should be kept away (Cleaning function model only)		✓	✓	
Excess spillage must be removed before cleaning and utensils which state in cleaning manual can be left in the oven during cleaning. (Cleaning function model only)	✓	✓	✓	✓
Appliance should allow to disconnection of the appliance from the supply after installation. The disconnection may be achieved by having the plug accessible or by incorporating a switch in the fixed wiring in accordance with the wiring rules. (Built-in model only.)	✓	✓	✓	✓

⚠ CAUTION				
Only use utensils that are suitable for use in microwave ovens; DO NOT use any metallic containers, Dinnerware with gold or silver trimmings, Skewers, forks, etc. Remove wire twist ties from paper or plastic bags. Reason: Electric arcing or sparking may occur and may damage the oven.	✓		✓	✓
When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition;	✓		✓	
Do not use your microwave oven to dry papers or clothes.	✓		✓	✓
Use shorter times for smaller amounts of food to prevent overheating and burning food.	✓		✓	✓
If smoke is observed, switch off or unplug the appliance and keep the door closed in order to stifle any flames;	✓		✓	✓
The oven should be cleaned regularly and any food deposits removed;	✓	✓		✓

Do not immerse the power cable or power plug in water and keep the power cable away from heat.	✓	✓		
Eggs in their shell and whole hard-boiled eggs should not be heated in microwave ovens since they may explode, even after microwave heating has ended; Also do not heat airtight or vacuum-sealed bottles, jars, containers, nuts inshells, tomatoes etc.			✓	✓
Do not cover the ventilation slots with cloth or paper. They may catch fire as hot air escapes from the oven. The oven may also overheat and switch itself off automatically, and will remain off until it cools sufficiently.	✓		✓	
Always use oven mitts when removing a dish from the oven to avoid unintentional burns.			✓	
Do not touch heating elements or interior oven walls until the oven has cooled down.			✓	
Stir liquids halfway during heating or after heating ends and allow the liquid stand at least 20 seconds after heating to prevent eruptive boiling.			✓	
Stand at arms length from the oven when opening the door to avoid getting scalded by escaping hot air or steam.			✓	
Do not operate the microwave oven when it is empty. The microwave oven will automatically shut down for 30 minutes for safety purposes. We recommend placing a glass of water inside the oven at all times to absorb microwave energy in case the microwave oven is started accidentally.	✓			✓
Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass since they can scratch the surface, which may result in shattering of the glass.	✓			✓
Install the oven in compliance with the clearances stated in this manual (see Installing Your Microwave Oven)	✓		✓	
Take care when connecting other electrical appliances to sockets near the oven.	✓	✓	✓	

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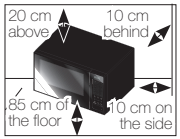
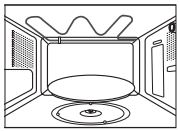
INSTALLING YOUR MICROWAVE OVEN

Place the oven on a flat level surface 85 cm above the floor. The surface should be strong enough to safely bear the weight of the oven.

1. When you install your oven, make sure there is adequate ventilation for your oven by leaving at least 10 cm (4 inches) of space behind and, on the sides of the oven and 20 cm (8 inches) of space above.



2. Remove all packing materials inside the oven.
Install the roller ring and turntable.
Check that the turntable rotates freely.



3. This microwave oven has to be positioned so that plug is accessible.

If the supply cord is damaged, it must be replaced by a special cord or assembly available from the manufacturer or its service agent.
For your personal safety, plug the cable into a 3-pin, 230 Volt, 50 Hz, AC earthed socket. If the power cable of this appliance is damaged, it must be replaced by a special cable.

Do not install the microwave oven in hot or damp surroundings like next to a traditional oven or radiator. The power supply specifications of the oven must be respected and any extension cable used must be of the same standard as the power cable supplied with the oven. Wipe the interior and the door seal with a damp cloth before using your microwave oven for the first time.

SETTING THE TIME

Your microwave oven has an inbuilt clock. When power is supplied, ":0", "88:88" or "12:00" is automatically displayed on the display.
Please set the current time. The time can be displayed in either the 24- hour or 12-hour notation. You must set the clock:

- When you first install your microwave oven
- After a power failure

Do not forget to reset the clock when you switch to and from summer and winter time.

1.

To display the time in the...	**Then press the (Clock) button...**
24-hour notation	Once
12-hour notation	Twice

2. Press the (—) and (+) buttons to set the hour.

3. Press the (Clock) button.

4. Press the (—) and (+) buttons to set the minute

5. Press the (Clock) button.

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WHAT TO DO IF YOU ARE IN DOUBT OR HAVE A PROBLEM

If you have any of the problems listed below try the solutions given.

This is normal.

- Condensation inside the oven
- Air flow around the door and outer casing
- Light reflection around the door and outer casing
- Steam escaping from around the door or vents

The oven does not start when you press the +30s button.

- Is the door completely closed?

The food is not cooked at all

- Have you set the timer correctly and/or pressed the +30s button?
- Is the door closed?
- Have you overloaded the electric circuit and caused a fuse to blow or a breaker to be triggered?

The food is either overcooked or undercooked

- Was the appropriate cooking length set for the type of food?
- Was an appropriate power level chosen?

Sparking and cracking occur inside the oven (arcing)

- Have you used a dish with metal trimmings?
- Have you left a fork or other metal utensil inside the oven?
- Is aluminum foil too close to the inside walls?

The oven causes interference with radios or televisions

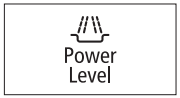
- Slight interference may be observed on televisions or radios when the oven is operating. This is normal. To solve this problem, install the oven away from televisions, radios and aerials.
- If interference is detected by the oven's microprocessor, the display may be reset. To solve this problem, disconnect the power plug and reconnect it. Reset the time.

If the above guidelines do not enable you to solve the problem, contact your local dealer or SAMSUNG after-sales service.

COOKING/REHEATING

The following procedure explains how to cook or reheat food.
ALWAYS check your cooking settings before leaving the oven unattended.
First, place the food in the centre of the turntable. Then, close the door.

1. Press the (Power Level) button.



Result : The 900 W (maximum cooking power) indications are displayed:
Select the appropriate power level by pressing the (Power Level) button again until the corresponding wattage is displayed. Refer to the power level table.

2. Set the cooking time by Press the (—) and (+) buttons as required.

3. Press the (Start) button.

Result : The oven light comes on and the turntable starts rotating.

1) Cooking starts and when it has finished the oven beeps four times.
2) The end reminder signal will beep 3 times (once every minute).
3) The current time is displayed again.

Never switch the microwave oven on when it is empty.

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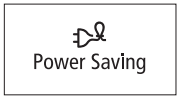
SETTING THE POWER SAVE MODE

The oven has an Energy save mode. This facility saves electricity when the oven is not in use.

- The oven will default to Energy save mode after 5 minutes if not used. While in energy save mode, the display is blank and the oven cannot used.
- To remove Energy save mode, open the door and then display shows “0”. The oven is ready for use.



If you want to use Energy save mode, Press the Energy save button.

YOU CAN CHOOSE AMONG THE POWER LEVELS BELOW.

Power Level	Output	
	MWO	GRILL
HIGH	900 W	-
MEDIUM HIGH	600 W	-
MEDIUM	450 W	-
MEDIUM LOW	300 W	-
DEFROST	180 W	-
LOW / KEEP WARM	100 W	-
GRILL	-	1300 W
COMBI I	600 W	1300 W
COMBI II	450 W	1300 W
COMBI III	300 W	1300 W

If you select higher power level, the cooking time must be decreased.

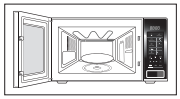
If you select lower power level, the cooking time must be increased.

STOPPING THE COOKING

You can stop cooking at any time to check the food.

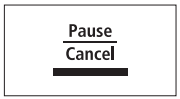
1. To stop temporarily;
Open the door.

Result : Cooking stops. To resume cooking, close the door and press (Start) again.



2. To stop completely;
Press the (Pause Cancel) button.

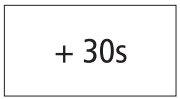
Result : The cooking stops. If you wish to cancel the cooking settings, press the **Stop** (Pause Cancel) button again.



You can also cancel any setting before starting by simply pressing **Stop** (Pause Cancel).

ADJUSTING THE COOKING TIME

1. You can increase the cooking time by pressing the +30s button once for each 30 seconds to be added.
Press the **+30s button** once for each 30 seconds to be added.



2. Press the **Start button**

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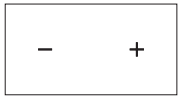
USING THE AUTO REHEAT & COOK FUNCTION

The Auto Reheat & Cook has four pre-programmed cooking time.
You do not need to set either the cooking times or the power level.
You can adjust the number of servings by pressing the (—) and (+) buttons.
First, place the food in the centre of the turntable and close the door

1. Select the type of food that you are cooking by pressing the **Auto Reheat & Cook** (Auto Reheat & Cook) button once or more times.

2. Select the size of the serving by Press the (—) and (+) buttons.



3. Press the (Start) button.

Result : Cooking starts. When it has finished.
1) The oven beeps four times.
2) The end reminder signal will beep 3 times (once every minute).
3) The current time is displayed again.

Use only recipients that are microwave-safe.

USING THE AUTO REHEAT & COOK FEATURE

The following table presents the various Auto Reheat and Cook Programmes It contains its quantities, standing times & appropriate recommendations.
All Programmes are running with microwave energy only.

Code	Food	Serving Size	Standing Time
1	Drinks Coffee, milk, tea, water (room-temperature)	150 ml (1 cup) / 300 ml (2 cups) 450 ml(3 cups) / 600 ml (4cups)	1-2 min.
	< Recommendations >		
	Pour the liquid into ceramic cups and reheat uncovered. Place one cup in the centre, 2 cups opposite to each other and 3 or 4 cups in a circle. Leave them to stand in the microwave oven. Stir drinks before and after standing time. Be careful while taking the cups out (see safety instructions for liquids).		
2	Ready Meal (chilled)	300-350 g / 400-450 g / 500-550 g	3 min
	< Recommendations >		
	Put on a ceramic plate and cover with microwave cling film. This programme is suitable for meals consisting of 3 components (e.g. meat with sauce, vegetables and a side dish like potatoes, rice or pasta).		
3	Ready Meal (frozen)	300-350 g / 400-450 g	4 min.
	< Recommendations >		
	Put on a ceramic plate and cover with microwave cling film. This programme is suitable for meals consisting of 3 components (e.g. meat with sauce, vegetables and a sidTake frozen ready meal and check if dish is suitable for microwave. Pierce film of ready meal. Put the frozen ready meal in the centre of turntable. This programme is suitable for frozen ready meals consisting of 3 components (e.g. meat with sauce, vegetables and a side dish like potatoes, rice or pasta). dish like potatoes, rice or pasta).		
4	Soup/ Sauce (chilled)	200-250 ml / 300-350 ml / 400-450 ml 500-550 ml / 600-650 ml	2-3 min.
	< Recommendations >		
	Pour into a deep ceramic soup plate or bowl and cover during heating and standing. Stir carefully before and after standing time.		
5	Fresh Vegetables	200 - 250 g / 300 - 350 g / 400 - 450 g 500 - 550 g / 600 - 650 g / 700 - 750 g	3 min
	< Recommendations >		
	Weigh the vegetables after washing, cleaning and cutting into similar size. Put them into a glass bowl with lid. Add 30 ml (2 tablespoons) water when cooking for 100-250 g, add 45 ml (3 tablespoons) for 300-450 g and add 60-75 ml (4-5 tablespoons) for 500-750 g. Stir after cooking. When cooking bigger quantities stir once during cooking.		

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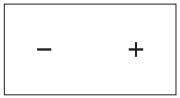
USING THE JUNIOR & SNACK FUNCTION

The Junior & Snack has four pre-programmed cooking time.
You do not need to set either the cooking times or the power level.
You can adjust the number of servings by pressing the (—) and (+) buttons.
First, place the food in the centre of the turntable and close the door

1. Select the type of food that you are cooking by pressing the **Junior & Snack** (Junior & Snack) button once or more times.

2. Select the size of the serving by Press the (—) and (+) buttons.



3. Press the (Start) button.

Result : Cooking starts. When it has finished.
1) The oven beeps four times.
2) The end reminder signal will beep 3 times (once every minute).
3) The current time is displayed again.

Use only recipients that are microwave-safe.

USING THE JUNIOR & SNACK FEATURE

The following table presents Auto Programmes for types of food and snacks which are favoured by children.
It contains its quantities, standing times and appropriate recommendations.
Programmes no 1, 2, 5 and 6 is running with microwave energy only. Programmes no 3 and 4 are running with a combination of microwaves and grill

Code	Food	Serving Size	Standing Time
1	Hamburger (chilled)	150 g (1pc) / 300 g (2pcs)	1-2 min
	< Recommendations >		
	Put hamburger (bread roll with slice of beef) or cheeseburger on kitchen paper. Put one hamburger in the centre of turntable, put two hamburgers opposite to each other on turntable. After reheating garnish with lettuce, tomato slice, dressing and spices.		
2	Mini Ravioli (chilled)	200-250 g / 300-350 g	3 min.
	< Recommendations >		
	Put chilled ready mini ravioli in a microwave proof plastic dish in the centre of turntable. Pierce film of ready product or cover plastic dish with microwave wrap. Stir carefully before and after standing time. This programme is suitable for ravioli, as well as for noodles in sauce.		
3	Frozen Chicken Wings	250-300 g / 350-400 g / 450-500 g	3 min.
	< Recommendations >		
	Put the frozen ready chicken wings or small drumsticks (pre-cooked and spiced) on the metal rack with the skin-side down. Put them in a circle and leave the centre clear. Turn over when the oven beeps.		
4	Frozen Pizza Snacks	150 g (4-6pcs) / 250 g (7-9 pcs)	-
	< Recommendations >		
	Put the frozen mini-pizzas or mini-quiches evenly on rack.		
5	Popcorn	100 g	-
	< Recommendations >		
	Use special popcorn product for preparing in microwave oven. Follow the instructions of food manufacturer and put the bag in the centre of turntable. During this programme corn will pop and the bag will increase in volume. Be careful when taking out and opening the hot bag.		
6	Nachos	125 g	-
	< Recommendations >		
	Put nachos (tortilla chips) on a flat ceramic plate. Put 50g grated cheddar cheese and spices on top. Place on turntable.		

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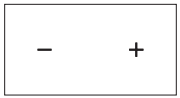
USING THE AUTO GRILL COOK FUNCTION

The Grill Cook has four pre-programmed cooking time.
You do not need to set either the cooking times or the power level.
You can adjust the number of servings by pressing the (—) and (+) buttons.

First, place the food in the centre of the turntable and close the door

1. Select the type of food that you are cooking by pressing the **Auto Grill Cook** (Auto Grill Cook) button once or more times.

2. Select the size of the serving by Press the (—) and (+) buttons.



3. Press the (Start) button.

Result : Cooking starts. When it has finished.
1) The oven beeps four times.
2) The end reminder signal will beep 3 times (once every minute).
3) The current time is displayed again.

Use only recipients that are microwave-safe.

USING THE AUTO GRILL COOK FEATURE

The following table presents 4 Auto Grill Programmes.

It contains its quantities, standing times and appropriate recommendations.

Please follow the recommended quantities, standing times and appropriate recommendations.

All Programmes are running with a combination of microwaves and grill

Code	Food	Serving Size	Standing Time
1	Roast Fish	200-300 g (1pc) / 400-500 g (2pcs) 600-700 g (2-3 pcs) / 800-900 g (3 pcs)	3 min.
	< Recommendations >		
	Brush skin of whole fish with oil and add herbs and spices. Put one fish diagonally on rack. Put two fishes side by side(head to tail) on rack. Turn over, as soon as the beep sounds.		
2	Chicken pieces	200-300 g (1pc) / 400-500 g (2pcs) 600-700 g / (2-3pcs) / 800-900 g (3-4pcs)	3 min.
	< Recommendations >		
	Brush the chicken pieces with oil and spice them with pepper, salt and paprika. Put them on the high rack with the skin-side down. Turn over when the oven beeps.		
3	Frozen Pasta Gratin	400 g / 600 g / 800 g / 1000 g	3-4 min.
	< Recommendations >		
	Put the frozen pasta gratin into a suitable sized glass pyrex dish. Put the dish directly on the turntable. This programme is suitable for frozen pasta gratin such as lasagne, cannelloni or macaroni.		
4	Frozen Fish Gratin	400 g / 600 g / 800 g / 1000 g	3-4 min.
	< Recommendations >		
	Put the frozen fish gratin into a suitable sized glass pyrex dish. Put the dish directly on the turntable. This programme is suitable for frozen ready products consisting of fish fillets topped with vegetables and sauce.		

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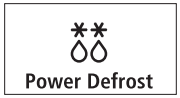
USING THE AUTO POWER DEFROST FUNCTION

The Auto power Defrost feature enables you to defrost meat, poultry, fish and bread/cake. The defrost time and power level are set automatically. You simply select the programme and the weight.

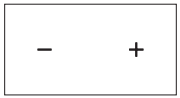
Use only dishes that are microwave-safe.

First, place the food in the centre of the turntable and close the door

1. Select the type of food that you are cooking by pressing the **Power Defrost** (Power Defrost) button once or more times.



2. Select the size of the serving by Press the (—) and (+) buttons.



3. Press the (Start) button.

Result : Cooking starts. When it has finished.

1) The oven beeps four times.
2) The end reminder signal will beep 3 times (once every minute).
3) The current time is displayed again.

You can also defrost food manually. To do so, select the microwave cooking/reheating function with a power level of 180W. Refer to the section entitled " Cooking/Reheating" on page 10 for further details.

USING THE AUTO POWER DEFROST FEATURE

The following table presents the various Power Defrost programmes, quantities, standing times and appropriate recommendations.

Remove all kind of package material before defrosting. Place meat, poultry and fish on a ceramic plate

Code	Food	Portion	Standing Time (min)
1	Meat	200 - 2000 g	20-60
	< Recommendations >		
	Shield the edges with aluminium foil. Turn the meat over, when the oven beeps. This programme is suitable for beef, lamb, pork, steaks, chops, minced meat.		
2	Poultry	200 - 2000 g	20-60
	< Recommendations >		
	Shield the leg and wing tips with aluminium foil. Turn the poultry over, when the oven beeps. This programme is suitable for whole chicken as well as for chicken portions.		
3	Fish	200 - 2000 g	20-50
	< Recommendations >		
	Shield the tail of a whole fish with aluminium foil. Turn the fish over, when the oven beeps. This programme is suitable for whole fishes as well as for fish fillets.		
4	Bread/Cake	125 - 1000 g	5-30
	< Recommendations >		
	Put bread on a piece of kitchen paper and turn over, as soon as the oven beeps. Place cake on a ceramic plate and if possible, turn over, as soon as the oven beeps. (Oven keeps operating and is stopped, when you open the door.) This programme is suitable for all kinds of bread, sliced or whole, as well as for bread rolls and baguettes. Arrange bread rolls in a circle. This programme is suitable for all kinds of yeast cake, biscuit, cheese cake and puff pastry. It is not suitable for short/crust pastry, fruit and cream cakes as well as for cake with chocolate topping.		

Select the Manual Defrosting function with a power level of 180 W if you want to defrost food manually. For further details on manual defrosting and defrosting time, refer to the page 23-24.

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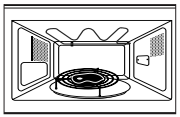
CHOOSING THE HEATING ELEMENT POSITION

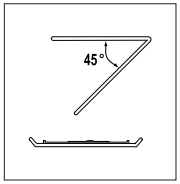
The heating element is used when grilling. There is only one position listed. We need to tell consumers when it should be placed in the vertlcal position.

- Horizontal position for grilling or combined microwave + grill cooking

Only change the position of the heating element when it is cold and do not apply excessive force when placing it in the vertical position

1. To display the time in the...	Then
Horizontal position (grill or combined microwave + grill)	• Pull the heating element towards you • Push it upwards until it is parallel with the roof of the oven
When cleaning the upper part inside the cavity, it will be convenient to turn heater downward by 45° and clean it.	

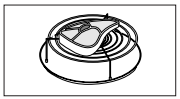




CHOOSING THE ACCESSORIES

Use microwave-safe recipients; do not use plastic containers, dishes, paper cups, towels, etc.

If you wish to select the combined cooking mode (grill and microwave), use only dishes that are microwave-safe and ovenproof. Metallic cookware or utensils may damage your oven.



For further details on suitable cookware and utensils, refer to the Cookware Guide on page 18.

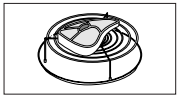
GRILLING

The grill enables you to heat and brown food quickly, without using microwaves. To this aim, a grill rack is supplied with your microwave oven.

1. Preheat the grill to the required temperature, by pressing the Grill (Grill) button and set the preheat time by pressing the (—) and (+) buttons.

2. Press the (Start) button.

3. Open the door and place the food on the rack Close the door.



4. Press the Grill (Grill) button.

Result : The following indications are displayed:

5. Set the cooking time by Press the (—) and (+) buttons The maximum grilling time is 60 minuts

5. Press the (Start) button.

Result : Grilling cooking start. When it has finished

1) The oven beeps four times.
2) The end reminder signal will beep 3 times (once every minute).
3) The current time is displayed again.

Do not worry if the heater turns off and on while grilling. This system is designed to prevent overheating of the oven.

Always use oven gloves when touching the dishes in the oven, as they will be very hot.

Check that the heating element is in the horizontal position.

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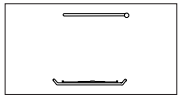
COMBINING MICROWAVES AND THE GRILL

You can also combine microwave cooking with the grill, to cook quickly and brown at the same time.

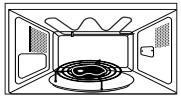
ALWAYS use microwave-safe and oven-proof cookware. Glass or ceramic dishes are ideal as they allow the microwaves to penetrate the food evenly.

ALWAYS use oven gloves when touching the recipients in the oven, as they will be very hot.

1. Make sure that the heating element is in the horizontal position; refer to page 18 for further details.



2. Open the oven door.
Place the food on the rack and the rack on the turntable.
Close the door.



3. Press the **Combi** (Combi 1-2-3) button.

Result : The following indications are displayed:
(Combi 1-2-3) (microwave and grill mode)
600 W (out power)

Select the appropriate power level by pressing the **Combi** (Combi 1-2-3) button again until the corresponding power level is displayed.

You cannot set the temperature of the grill.

4. Set the cooking time by Press the (—) and (+) buttons as required.
The maximum grilling time is 60 minuts.

5. Press the (Start) button.

Result : Combination cooking starts. When it has finished.
1) The oven beeps four times.
2) The end reminder signal will beep 3 times (once every minute).
3) The current time is displayed again.

The maximum microwave power for the combined microwave and grill mode is 600 W.

SWITCHING THE BEEPER OFF

You can switch the beeper off whenever you want.

1. Press the (Pause Cancel) and (Start) buttons at the same time.

Result :

- The following indication is displayed.
- The oven does not beep each time you press a button.

2. To switch the beeper back on, press the (Pause Cancel) and (Start) buttons again at the same time.

Result :

- The following indication is displayed.

- The oven operates with the beeper on again.

SAFETY-LOCKING YOUR MICROWAVE OVEN

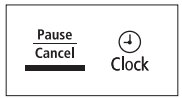
Your microwave oven is fitted with a special Child Safety programme, which enables the oven to be “locked” so that children or anyone unfamiliar with it cannot operate it accidentally.
The oven can be locked at any time.

1. Press the (Pause Cancel) and (Clock) buttons at the same time.

Result :

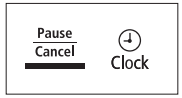
- The oven is locked (no functions can be selected).

- The display shows “L”.



2. To unlock the oven, press the (Pause Cancel) and (Clock) buttons again at the same time.

Result : The oven can be used normally.



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COOKWARE GUIDE

To cook food in the microwave oven, the microwaves must be able to penetrate the food, without being reflected or absorbed by the dish used. Care must therefore be taken when choosing the cookware. If the cookware is marked microwave-safe, you do not need to worry.
The following table lists various types of cookware and indicates whether and how they should be used in a microwave oven.

Cookware	Microwave-Safe	Comments
Aluminum foil	✓✗	Can be used in small quantities to protect areas against overcooking. Arcing can occur if the foil is too close to the oven wall or if too much foil is used.
Browning plate	✓	Do not preheat for more than eight minutes.
China and earthenware	✓	Porcelain, pottery, glazed earthenware and bone china are usually suitable, unless decorated with a metal trim.
Disposable polyester cardboard dishes	✓	Some frozen foods are packaged in these dishes.
Fast-food packaging		
• Polystyrene cups containers	✓	Can be used to warm food. Overheating may cause the polystyrene to melt.
• Paper bags or newspaper	✗	May catch fire.
• Recycled paper or metal trims	✗	May cause arcing.
Glassware		
• Oven-to-tableware	✓	Can be used, unless decorated with a metal trim.
• Fine glassware	✓	Can be used to warm foods or liquids. Delicate glass may break or crack if heated suddenly.
• Glass jars	✓	Must remove the lid. Suitable for warming only.
Metal		
• Dishes	✗	May cause arcing or fire.
• Freezer bag twist ties	✗	
Paper		
• Plates, cups, napkins and Kitchen paper	✓	For short cooking times and warming. Also to absorb excess moisture.
• Recycled paper	✗	May cause arcing.
Plastic		
• Containers	✓	Particularly if heat-resistant thermoplastic. Some other plastics may warp or discolour at high temperatures. Do not use Melamine plastic.
• Cling film	✓	Can be used to retain moisture. Should not touch the food. Take care when removing the film as hot steam will escape.
• Freezer bags	✓✗	Only if boilable or oven-proof. Should not be airtight. Prick with a fork, if necessary.
Wax or grease-proof paper	✓	Can be used to retain moisture and prevent spattering.

✓ **: Recommended**
✓✗ **: Use Caution**
✗ **: Unsafe**

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COOKING GUIDE

MICROWAVES

Microwave energy actually penetrates food, attracted and absorbed by its water, fat and sugar content.
The microwaves cause the molecules in the food to move rapidly. The rapid movement of these molecules creates friction and the resulting heat cooks the food.

COOKING

Cookware for microwave cooking:
Cookware must allow microwave energy to pass through it for maximum efficiency. Microwaves are reflected by metal, such as stainless steel, aluminium and copper, but they can penetrate through ceramic, glass, porcelain and plastic as well as paper and wood. So food must never be cooked in metal containers.

Food suitable for microwave cooking:
Many kinds of food are suitable for microwave cooking, including fresh or frozen vegetables, fruit, pasta, rice, grains, beans, fish, and meat. Sauces, custard, soups, steamed puddings, preserves, and chutneys can also be cooked in a microwave oven. Generally speaking, microwave cooking is ideal for any food that would normally be prepared on a hob. Melting butter or chocolate, for example (see the chapter with tips, techniques and hints).

Covering during cooking
To cover the food during cooking is very important, as the evaporated water rises as steam and contributes to cooking process. Food can be covered in different ways: e.g. with a ceramic plate, plastic cover or microwave suitable cling film.

Standing times
After cooking is over food the standing time is important to allow the temperature to even out within the food.

Cooking Guide for frozen vegetables

Use a suitable glass pyrex bowl with lid. Cook covered for the minimum time - see table. Continue cooking to get the result you prefer.
Stir twice during cooking and once after cooking. Add salt, herbs or butter after cooking. Cover during standing time.

Food	Portion	Power	Time (min.)	Standing Time (min.)	Instructions
Spinach	150 g	600 W	5-6	2-3	Add 15 ml (1 tablespoon) cold water.
Broccoli	300 g	600 W	8-9	2-3	Add 30 ml (2 tbsp.) cold water.
Peas	300 g	600 W	7-8	2-3	Add 15 ml (1 tbsp.) cold water.
Green Beans	300 g	600 W	7½-8½	2-3	Add 30 ml (2 tbsp.) cold water.
Mixed Vegetables (carrots/peas/ corn)	300 g	600 W	7-8	2-3	Add 15 ml (1 tbsp.) cold water.
Mixed Vegetables (Chinese style)	300 g	600 W	7½-8½	2-3	Add 15 ml (1 tbsp.) cold water.

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Cooking Guide for rice and pasta

Rice : Use a large glass pyrex bowl with lid - rice doubles in volume during cooking. Cook covered.
After the cooking time is over, stir before standing time and salt or add herbs and butter.
Remark: the rice may not have absorbed all water after the cooking time is finished.

Pasta : Use a large glass pyrex bowl. Add boiling water, a pinch of salt and stir well. Cook uncovered.
Stir occasionally during and after cooking. Cover during standing time and drain thoroughly afterwards.

Food	Portion	Power	Time (min.)	Standing Time (min.)	Instructions
White Rice (parboiled)	250 g 375 g	900 W	15-16 17½-18½	5	Add 500 ml cold water. Add 750 ml cold water.
Brown Rice (parboiled)	250 g 375 g	900 W	20-21 22-23	5	Add 500 ml cold water. Add 750 ml cold water.
Mixed Rice (rice + wild rice)	250 g	900 W	16-17	5	Add 500 ml cold water.
Mixed Corn (rice + grain)	250 g	900 W	17-18	5	Add 400 ml cold water.
Pasta	250 g	900 W	10-11	5	Add 1000 ml hot water.

Cooking Guide for fresh vegetables

Use a suitable glass pyrex bowl with lid. Add 30-45 ml cold water (2-3 tbsp.) for every 250 g unless another water quantity is recommended - see table. Cook covered for the minimum time - see table. Continue cooking to get the result you prefer. Stir once during and once after cooking. Add salt, herbs or butter after cooking. Cover during a standing time of 3 minutes.

Hint : Cut the fresh vegetables into even sized pieces. The smaller they are cut, the quicker they will cook.

All fresh vegetables should be cooked using full microwave power (850 W).

Food	Portion	Time (min.)	Standing Time(min.)	Instructions
Broccoli	250 g 500 g	3½-4 6-7	3	Prepare even sized florets. Arrange the stems to the centre.
Brussels Sprouts	250 g	5-5½	3	Add 60-75 ml (5-6 tbsp.) water.
Carrots	250 g	3½-4	3	Cut carrots into even sized slices.
Cauliflower	250 g 500 g	4-4½ 6½-7½	3	Prepare even sized florets. Cut big florets into halves. Arrange stems to the centre.
Courgettes	250 g	3-3½	3	Cut courgettes into slices. Add 30 ml (2 tbsp.) water or a knob of butter. Cook until just tender.
Egg Plants	250 g	2½-3	3	Cut egg plants into small slices and sprinkle with 1 tablespoon lemon juice.
Leeks	250 g	3-3½	3	Cut leeks into thick slices.
Mushrooms	125 g 250 g	1-1½ 2-2½	3	Prepare small whole or sliced mushrooms. Do not add any water. Sprinkle with lemon juice. Spice with salt and pepper. Drain before serving.
Cebolas	250 g	4-4½	3	Cut onions into slices or halves. Add only 15 ml (1 tbsp.) water.
Pepper	250 g	3½-4	3	Cut pepper into small slices.
Potatoes	250 g 500 g	3-4 6-7	3	Weigh the peeled potatoes and cut them into similar sized halves or quarters.
Turnip Cabbage	250 g	4½-5	3	Cut turnip cabbage into small cubes.

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COOKING GUIDE FOR FRESH VEGETABLES

Your microwave oven will reheat food in a fraction of the time that conventional ovens hobs normally take.
Use the power levels and reheating times in the following chart as a guide. The times in the chart consider liquids with a room temperature of about +18 to +20 °C or a chilled food with a temperature of about +5 to +7 °C.

Arranging and covering
Avoid reheating large items such as joint of meat - they tend to overcook and dry out before the centre is piping hot. Reheating small pieces will be more successful.

Power levels and stirring
Some foods can be reheated using 850 W power while others should be reheated using 600 W, 450 W or even 300 W.
Check the tables for guidance. In general, it is better to reheat food using a lower power level, if the food is delicate, in large quantities, or if it is likely to heat up very quickly (mince pies, for example).
Stir well or turn food over during reheating for best results. When possible, stir again before serving.

Take particular care when heating liquids and baby foods. To prevent eruptive boiling of liquids and possible scalding, stir before, during and after heating. Keep them in the microwave oven during standing time. We recommend putting a plastic spoon or glass stick into the liquids. Avoid overheating (and therefore spoiling) the food.
It is preferable to underestimate cooking time and add extra heating time, if necessary.

Heating and standing times
When reheating food for the first time, it is helpful to make a note of the time taken - for future reference.
Always make sure that the reheated food is piping hot throughout.
Allow food to stand for a short time after reheating - to let the temperature even out.
The recommended standing time after reheating is 2-4 minutes, unless another time is recommended in the chart.
Take particular care when heating liquids and baby food. See also the chapter with the safety precautions.

REHEATING LIQUIDS

Always allow a standing time of at least 20 seconds after the oven has been switched off to allow the temperature to even out. Stir during heating, if necessary, and ALWAYS stir after heating. To prevent eruptive boiling and possible scalding, you should put a spoon or glass stick into the beverages and stir before, during and after heating.

REHEATING BABY FOOD

BABY FOOD: Empty into a deep ceramic plate. Cover with plastic lid. Stir well after reheating! Let stand for 2-3 minutes before serving. Stir again and check the temperature. Recommended serving temperature: between 30-40 °C.

BABY MILK: Pour milk into a sterilised glass bottle. Reheat uncovered. Never heat a baby's bottle with teat on, as the bottle may explode if overheated. Shake well before standing time and again before serving ! Always carefully check the temperature of baby milk or food before giving it to the baby. Recommended serving temperature: ca. 37 °C.

REMARK: Baby food particularly needs to be checked carefully before serving to prevent burns.
Use the power levels and times in the next table as a guide lines for reheating.

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Guide for Dual Reheating

Use the power levels and times in this table as a guide lines for reheating.

Food	Portion	Power	Time	Standing Time (min.)	Instructions
Soup (chilled)	2 x 250 g 2 x 350 g	900 W	3½-4½ 5-6	2-3	Pour into two deep ceramic plates and cover. Put one plate directly on the turntable, other on the rack. Stir well after reheating. Stir again before serving.
Chicken Curry & Rice (chilled)	2 x 350 g	600 W	7-8½	3	Plate two meals of each 2 chilled components on two ceramic plates dishes. Cover with microwave cling-film. Put one plate directly on the turn table, other on the rack.
Plate Meal (chilled)	2 x 350 g	600 W	7½-9	3	Plate two meals of 2-3 chilled components on two flat ceramic plates. Cover with microwave cling-film. Put one plate directly on the turntable, other on the rack.
Drinks (coffee, tea and water)	150 ml (1 cup) 300 ml (2 cups) 450 ml (3 cups) 600 ml (4 cups)	900 W	1-1½ 1½-2 2½-3 3-3½	1-2	Pour into cups and reheat uncovered: 1 cup in the centre, 2 cups opposite of each other, 3 cups in a circle. Keep in microwave oven during standing time and stir well.
Soup (chilled)	250 g 350 g 450 g 550 g	900 W	2-2½ 2½-3 3-3½ 3½-4	2-3	Pour into a deep ceramic plate or deep ceramic bowl. Cover with plastic lid. Stir well after reheating. Stir again before serving.
Stew (chilled)	350 g	600 W	4½-5½	2-3	Put stew in a deep ceramic plate. Cover with plastic lid.Stir occasionally during reheating and again before standing and serving.
Pasta with sauce (chilled)	350 g	600 W	3½-4½	3	Put pasta (e.g. spaghetti or egg noodles) on a flat ceramic plate. Cover with microwave cling film. Stir before serving.
Filled pasta with sauce (chilled)	350 g	600 W	4-5	3	Put filled pasta (e.g. ravioli, tortellini) in a deep ceramic plate. Cover with plastic lid. Stir occasionally during reheating and again before standing and serving.
Plated Meal (chilled)	350 g 450 g 550 g	600 W	4½-5½ 5-6 5½-6½	3	Plate a meal of 2-3 chilled components on a ceramic dish. Cover with microwave cling-film.

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Reheating Baby Food and Milk

Use the power levels and times in this table as guide lines for reheating.

Food	Portion	Power	Time	Standing Time (min.)	Instructions
Baby food (vegetables + meat)	190 g	600 W	30 sec.	2-3	Empty into ceramic deep plate. Cook covered. Stir after cooking time. Stand for 2-3 minutes. Before serving, stir well and check the temperature carefully.
Baby porridge (grain + milk + fruit)	190 g	600 W	20 sec.	2-3	Empty into ceramic deep plate. Cook covered. Stir after cooking time. Stand for 2-3 minutes. Before serving, stir well and check the temperature carefully.
Baby milk	100 ml 200 ml	300 W	30-40 sec. 1 min. to 1 min. 10sec.	2-3	Stir or shake well and pour into a sterilized glass bottle. Place into the centre of turntable. Cook uncovered. Shake well and stand for at least 3 minutes. Before serving, shake well and check the temperature carefully.

MANUAL DEFROSTING

Microwaves are an excellent way of defrosting frozen food. Microwaves gently defrost frozen food in a short period of time. This can be of great advantage, if unexpected guests suddenly show up.
Frozen poultry must be thoroughly thawed before cooking. Remove any metal ties and take it out of any wrapping to allow thawed liquid to drain away.
Put the frozen food on a dish without cover. Turn over half way, drain off any liquid and remove any giblets as soon as possible.
Check the food occasionally to make sure that it does not feel warm.
If smaller and thinner parts of the frozen food start to warm up, they can be shield by wrapping very small strips of aluminium foil around them during defrosting.
Should poultry start to warm up on the outer surface, stop thawing and allow it to stand for 20 minutes before continuing.
Leave the fish, meat and poultry to stand in order to complete defrosting. The standing time for complete defrosting will vary depending on the quantity defrosted. Please refer to the table below.

Hint : Flat food defrosts better than thick and smaller quantities need less time than bigger ones. Remember this hint while freezing and defrosting food.

For defrosting of frozen food with a temperature of about -18 to -20 °C, use the following table as a guide

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All frozen food should be defrosted using defrosting power level (180 W).

Food	Portion	Time (min.)	Standing Time (min.)	Instructions
Meat				
Minced beef	200 g	6-7	15-30	Place the meat on a flat ceramic plate. Shield thinner edges with aluminium foil.
	400 g	10-12		Turn over after half of defrosting time!
Pork steaks	250 g	7-8		
Poultry				
Chicken pieces	500 g (2 pcs)	14-15	15-60	First, put chicken pieces first skin-side down, whole chicken first breast-side-down on a flat ceramic plate. Shield the thinner parts like wings and ends with aluminium foil. Turn over after half of defrosting time!
Whole chicken	1200 g	32-34		
Fish				
Fish fillets/ Whole fish	200 g	6-7	10-25	Put frozen fish in the middle of a flat ceramic plate.
	400 g	11-13		Arrange the thinner parts under the thicker parts.
				Shield narrow ends of fillets and whole fish tail with aluminium foil. Turn over after half of defrosting time!
Fruits				
Berries	250 g	6-7	5-10	Spread fruits on a flat, round glass dish (with a large diameter).
Bread				
Bread rolls (each ca. 50 g)	2 pcs	1-1½	5-20	Arrange rolls in a circle or bread horizontally on kitchen paper in the middle of turntable.
	4 pcs	2½-3		Turn over after half of defrosting time!
Toast/ Sandwich	250 g	4-4½		
German bread (wheat + rye flour)	500 g	7-9		

GRILL

The grill-heating element is located underneath the ceiling of the cavity. It operates while the door is closed and the turntable is rotating. The turntable's rotation makes the food brown more evenly. Preheating the grill for 4 minutes will make the food brown more quickly.

Cookware for grilling:
Should be flameproof and may include metal. Do not use any type of plastic cookware, as it can melt.

Food suitable for grilling:
Chops, sausages, steaks, hamburgers, bacon and gammon rashers, thin fish portions, sandwiches and all kinds of toast with toppings.

Important remark:
Whenever the grill only mode is used, make sure that the grill-heating element is under the ceiling in the horizontal position and not on the back-wall in the vertical position. Please remember that food must be placed on the high rack, unless another instruction is recommended.

MICROWAVE + GRILL

This cooking mode combines the radiant heat that is coming from the grill with the speed of microwave cooking. It operates only while the door is closed and the turntable is rotating. Due to the rotation of the turntable, the food browns evenly.
Three combination modes are available with this model:
600 W + Grill, 450 W + Grill and 300 W + Grill.

Cookware for cooking with microwave + grill
Please use cookware that microwaves can pass through. Cookware should be flame-proof.
Do not use metal cookware with combination mode. Do not use any type of plas-tic cookware, as it can melt.

Food suitable for microwave + grill cooking:
Food suitable for combination mode cooking include all kinds of cooked food which need reheating and browning (e.g. baked pasta), as well as foods which require a short cooking time to brown the top of the food. Also, this mode can be used for thick food portions that benefit from a browned and crispy top (e.g. chicken pieces, turning them over half way through cooking). Please refer to the grill table for further details.

Important remark:
Whenever the combination mode (microwave + grill) is used, make sure that the grill heating element is under the ceiling in the horizontal position and not on the back-wall in the vertical position. The food should be placed on the high rack, unless another instruction is recommended. Otherwise it has to be placed directly on the turntable.
Please refer to the instructions in the following chart.

The food must be turned over, if it is to be browned on both sides.

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Grill Guide for frozen food

Use the power levels and times in this table as guide lines for grilling.

Fresh Food	Portion	Power	Time	Standing Time (min.)	Instructions
Bread Rolls (each ca. 50 g)	2 4	MW+Grill MW+Grill	300W+Grill 2½-3 300W+Grill 2½-3	Grill only 2-3 Grill only 2-3	Arrange rolls in a circle with the bottom side up directly on the turntable. Grill the second side of the rolls up to the crisp you prefer. Stand for 2-5 minutes.
Baguettes/ Garlic Bread	200-250g (1pc)	MW+Grill	450W+Grill 3½-4	Grill only 2-3	Put frozen baguette diagonally on baking paper on the rack. After grilling stand for 2-3 minutes.
Gratin (vegetables or potatoes)	400 g	450 W + Grill	13-15	-	Put frozen gratin into a small glass pyrex dish. Put the dish on the rack. After cooking stand for 2-3 minutes.
Pasta Cannelloni, Macaroni, Lasagne)	400 g	600 W + Grill	14-16	-	Put frozen pasta into a small flat rectangular glass pyrex dish. Put the dish directly on the turntable. After cooking stand for 2-3 minutes
Fish Gratin	400 g	450 W + Grill	16-18	-	Put frozen fish gratin into a small flat rectangular glass pyrex dish. Put the dish directly on the turntable. After cooking stand for 2-3 minutes.

Grill Guide for Auto fresh food

Preheat the grill with the grill-function for 1-2 minutes.
Use the power levels and times in this table as guide lines for grilling.

Fresh Food	Portion	Power	1. Side Time (min)	2. Side Time (min.)	Instructions
Toast Slices	4 pcs (each 25 g)	Grill only	3½-4½	3-4	Put the toast slices side by side on the rack.
Bread Rolls (already baked)	2-4 pieces	Grill only	2½-3½	1½-2½	Put bread rolls first with the bottom side up in a circle directly on the turntable.
Grilled Tomatoes	200 g (2pcs) 400 g (4pcs)	300 W + Grill	3½-4½ 5-6	-	Cut tomatoes into halves. Put some cheese on top. Arrange in a circle in a flat glass pyrex dish. Place it on the rack.
Tomato-Cheese Toast	4 pcs (300 g)	300 W + Grill	4-5	-	Toast the breas slices first. Put the toast with topping on the rack. Stand for 2-3 minutes.
Toast Hawaii (pineapple, ham, cheese slices)	2 pcs (300 g) 4 pcs (600 g)	450W + Grill	3½-4½ 6-7	-	Toast the bread slices first. Put the toast with topping on the rack. Put 2 toasts opposite directly on the rack. Stand for 2-3 minutes
Baked Potatoes	250g 500g	600W + Grill.	4½-5½ 6½-7½	-	Cut potatoes into halves. Put them in a circle on the rack with the cut side to the grill.
Gratin Potatoes/ vegetables (chilled)	500g	450W + Grill.	9-11	8-9	Put the fresh gratin into a small glass pyrex dish. Put the dish on the rack. After cooking stand for 2-3 minutes.

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Fresh Food	Portion	Power	1. Side Time (min)	2. Side Time (min.)	Instructions
Chicken Pieces	450 g (2pcs) 650 g (2-3pcs) 850 g (4pcs)	300W + Grill.	7-8 9-10 11-12	7-8 8-9 9-10	Brush chicken pieces with oil and spices. Put them in a circle with the bones to the middle. Put one chicken piece not into the centre of the rack. Stand for 2-3 minutes.
Roast Chicken	900g 1100g	450W + Grill.	10-12 12-14	9-11 11-13	Brush chicken with oil and spices. Put chicken first breast side down, second side breast side up directly on turntable. Stand for 5 minutes after grilling.
Lamb Chops (medium)	400 g (4pcs)	Grill only	10-12	8-9	Brush the lamb chops with oil and spices. Lay them in a circle on the rack.After grilling stand for 2-3 minutes.
Pork Steaks	250g (2pcs) 500g (4pcs)	MW+Grill	(300W+Gril) 6-7 (300W+Gril) 8-10	(Grill only) 5-6 (Grill only) 7-8	Brush the pork steaks with oil and spices. Lay them in a circle on the rack. After grilling stand for 2-3 minutes.
Roast Fish	450g 650g	300W + Grill.	6-7 7-8	7-8 8-9	Brush skin of whole fish with oil and herbs and spices. Put fish side by side (head to tail) on rack
Baked Apples	2 apple (ca. 400g) 4 apples (ca. 800g)	300W + Grill.	6-7 10-12	-	Core the apples and fill them with raisins and jam. Put some almond slices on top. Put apples on a flat glass pyrex dish. Place the dish directly on the turntable.

SPECIAL HINTS

MELTING BUTTER
Put 50 g butter into a small deep glass dish. Cover with plastic lid.
Heat for 30-40 seconds using 850 W, until butter is melted.

MELTING CHOCOLATE
Put 100 g chocolate into a small deep glass dish.
Heat for 3-5 minutes, using 450 W until chocolate is melted.
Stir once or twice during melting. Use oven gloves while taking out!

MELTING CRYSTALLIZED HONEY
Put 20 g crystallized honey into a small deep glass dish.
Heat for 20-30 seconds using 300 W, until honey is melted.

MELTING GELATINE
Lay dry gelatine sheets (10 g) for 5 minutes into cold water.
Put drained gelatine into a small glass pyrex bowl.
Heat for 1 minute using 300 W.
Stir after melting.

COOKING GLAZE/ICING (FOR CAKE AND GATEAUX)
Mix instant glaze (approximately 14 g) with 40 g sugar and 250 ml cold water.
Cook uncovered in a glass pyrex bowl for 3½ to 4½ minutes using 850 W, until glaze/icing is transparent. Stir twice during cooking.

COOKING JAM
Put 600 g fruits (for example mixed berries) in a suitable sized glass pyrex bowl with lid. Add 300 g preserving sugar and stir well.
Cook covered for 10-12 minutes using 900 W.
Stir several times during cooking. Empty directly into small jam glasses with twist-off lids. Stand on lid for 5 minutes.

COOKING PUDDING
Mix pudding powder with sugar and milk (500 ml) by following the manufacturers instructions and stir well. Use a suitable sized glass pyrex bowl with lid. Cook covered for 6½ to 7½ minutes using 900 W.
Stir several times well during cooking.

BROWNING ALMOND SLICES
Spread 30 g sliced almonds evenly on a medium sized ceramic plate.
Stir several times during browning for 3½ to 4½ minutes using 600 W.
Let it stand for 2-3 minutes in the oven. Use oven gloves while taking out!

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CLEANING YOUR MICROWAVE OVEN

The following parts of your microwave oven should be cleaned regularly to prevent grease and food particles from building up:

- Inside and outside surfaces
- Door and door seals
- Turntable and Roller rings

ALWAYS ensure that the door seals are clean and the door closes properly.

Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the of the appliance and possibly result in a hazardous situation.

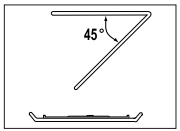
1. Clean the outside surfaces with a soft cloth and warm, soapy water. Rinse and dry.
2. Remove any splashes or stains on the inside surfaces or on the roller ring with a soapy cloth. Rinse and dry.
3. To loosen hardened food particles and remove smells, place a cup of diluted lemon juice on the turntable and heat for ten minutes at maximum power.
4. Wash the dishwasher-safe plate whenever necessary.

DO NOT spill water in the vents. **NEVER** use any abrasive products or chemical solvents. Take particular care when cleaning the door seals to ensure that no particles:

- Accumulate
- Prevent the door from closing correctly

Clean the microwave oven cavity right after each use with a mild detergent solution, but let the microwave oven cool down before cleaning in order to avoid injury.

When cleaning the upper part inside the cavity, it will be convenient to turn heater downward by 45° and clean it.



STORING AND REPAIRING YOUR MICROWAVE OVEN

A few simple precautions should be taken when storing or having your microwave oven serviced.
The oven must not be used if the door or door seals are damaged:

- Broken hinge
- Deteriorated seals
- Distorted or bent oven casing

Only a qualified microwave service technician should perform repair.

NEVER remove the outer casing from the oven. If the oven is faulty and needs servicing or you are in doubt about its condition:

- Unplug it from the wall socket
- Contact the nearest after-sales service centre

If you wish to store your oven away temporarily, choose a dry, dust-free place.
Reason : Dust and damp may adversely affect the working parts in the oven.

This microwave oven is not intended for commercial use.

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TECHNICAL SPECIFICATIONS

SAMSUNG strives to improve its products at all times. Both the design specifications and these user instructions are thus subject to change without notice.

Model	GE0103MB
Power source	230 V ~ 50 Hz
Power consumption Microwave Grill Combined mode	 1400 W 1300 W 2700 W
Output power	100 W / 900 W (IEC-705)
Operating frequency	2450 MHz
Magnetron	OM75P(31)
Cooling method	Cooling fan motor
Dimensions (W x H x D) Outside Oven cavity	 512 x 297 x 391 mm 336 x 241 x 349 mm
Volume	28 liter
Weight Net	 16 kg approx

SAMSUNG

QUESTIONS OR COMMENTS

COUNTRY	CALL	OR VISIT US ONLINE AT
BAHRAIN	8000-4726	www.samsung.com
Egypt	08000-726786	
JORDAN	800-22273	
Morocco	080 100 2255	
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